



Feeding a Holding Shooter



AIMS & OBJECTIVES:

- Feed into back space using a lob (L+R)
- T-Up (hold in circle) and holding on the circle edge
- Taking high ball to post.

ACTIVITY CONTENT (Including Progression)

COACHING POINTS

PREPARATION

Introduction - The areas covered in this session are looking at shooting and centre court movements in relation to their partner and other players.

- Keep head up to have an awareness of other groups
- Where possible let them learn to cope with chaos

PRACTICE AND PROGRESSION

THREE STATION EXPLORATION ROTATION

Set up three tasks and let the groups each complete the tasks with no coaching points or hints on the desired technique / execution. Then listen to their thoughts on how each should be executed, (if you want them to make notes they can use the notes pages in their folders). Ask them questions to gain understanding of their thought process and what they are seeing. Then let them complete another rotation, this time with the points discussed etc.

T-UP

Task – T-Up is holding a space behind a player by standing 90degrees to them, shoulders make a T shape (practise this in 3/4s).



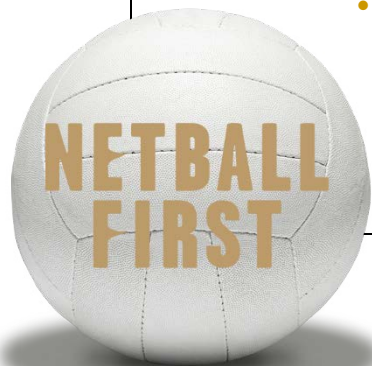
LOB

Task – pass the ball over one (or more) defenders to get to the attacker. Release one handed

- Static
- With defence
- Moving

Practice lobs into the circle and around the circle edge to mid court players

- Base stable and shoulder width apart
- Knees slightly flexed
 - Body upright
 - Hold until the ball is in the space above the attacker. If attacker moves too soon the defender can reposition and intercept.
 - One handed release
 - Pass into back space
 - High release
 - Catch early

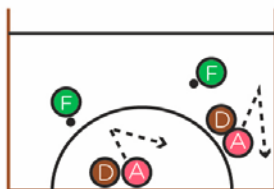


FORWARD-BACKWARDS TO TAKE HIGH BALL

Attacker takes two steps forward then opens up to the post to take an overhead ball

- Shadow defended
- Hard defence

Shooters practice in circle & mid court
players practice on circle edge



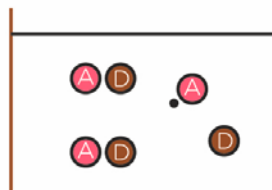
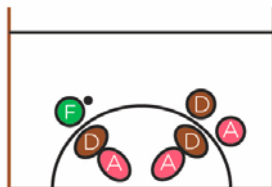
PROGRESSIONS

Add a 3ft mark to all feeding positions

SMALL GAMES / T-UP / LOBS / FORWARD – BACK

End thirds- 4v2 and 1 umpire, or 4v3.
Minimum of 3 catches outside the circle.
Only overhead feeds (if ball goes back out after entering the circle start again).

Middle third- 3v3, 1 umpire.
Only able to receive ball in backspace / going backwards (man to man defending stipulated)



- Quick first 2 steps
- Angle to post
- Take ball at highest point
- Catch and turn to post fully
- Balance before shot
- Reposition body and feed as defender moves
- Protect space
- Hold space until ball is above head at highest point.



CONDITIONED GAME

MATCH PLAY: BLOCKS OF 10-12 MINS (MINIMUM)

Get them to decide what they are going to work on, where and how. Out of the three topics covered they could use one as a focus, make up their own or set targets.

This works equally well for both ends as they know the opposition will probably T-Up so defence may work on a solution to combat.

- Evaluate how effective they were at working on their specific focus / targets.
- Continue with match play but set whole group match conditions:
- Only feed from circle edge (overhead)
- Only feed 2metres off circle edge (overhead)
- 1 second netball (including on shot)
- Must have 1 shooter holding at all times
- Only get free / catch ball in back space.

- As above

